Oxford Physicist Contacted By Pleiadians; Something MASSIVE Is Coming THIS SUMMER

Dr. David Clements, Jannecke Øinæs

Oxford Physicist Contacted By Pleiadians; Something MASSIVE Is Coming THIS SUMMER!-David Clements

https://www.youtube.com/watch?v=3HDyvgliVR0 70m Jun 4, 2026

Wisdom From North Podcast Jannecke Øinæs

In this episode we meet David Clements, former theoretical physicist, mathematician, and PhD in string theory, who now works closely with higher-dimensional beings including Arcturians, Pleiadians, and Inner Earth civilizations. David shares extraordinary insights about a powerful evolutionary wave moving through Earth during 2026 and explains how humanity is undergoing an unprecedented consciousness shift. We explore ascension symptoms, multidimensional memory, higher self connection, spiritual awakening, disclosure, galactic contact, and why many people feel their old identities and life patterns are dissolving. David also reveals practical guidance for connecting with your higher self, navigating emotional upheaval, understanding the end of karmic loops, and embracing a more heart-centered way of living.

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DR. CLEMENTS: Something quite extraordinary is taking place in many different levels. So there is this two-way emanation that's coming from the core of the Earth. It actually has already started, but the build-up is sort of towards the end of June and into July.
JAN: Is this sort of a special wave or a wave that we've never seen before?
DR. CLEMENTS: They’re saying, this one is new, this is very new, and it's being very modulated. It's being handled very intelligently by very high-level beings, by the Pleiadians, intergalactics, Source Intelligence as this whole focus on Earth during this particular phase of these projects. Because this is massive, this has never happened here before, and, they’re saying, to accelerate so fast as we have done is unprecedented.
Things appear to loop a lot. We seem to go through similar configurations of lifestyle or events or people. Why do I keep getting this person coming to me? So everyone has been lifetime after lifetime, having this experience of being sort of just, oh, we're just material beings, we come, we go I'll just make the best of what I can while I'm here. It wasn't a very good existence at all, if you ask me.

And they're saying, that is the configuration that is breaking and dissolving away in the human condition. All possibilities exist. There's no more looping. It's brand new, brand new all the time.
JAN: David Clements, welcome back to the Wisdom of the North show. How are you.
DR. CLEMENTS: Thank you for having me back. I'm really enjoying that last time talking with you and all the topics that we covered. I can't wait to see what's going to roll forward this time as well.
JAN: Me too. And my audience really loved you. Your episode has been watched by nearly half a million people. And I'm amazed. But I'm not that amazed because I know what came through was really, really profound. And you're bringing something to the table that was new to me, I got to say, new perspectives, new insights, new ways of seeing things and I think also your background is really a testament to this also, because you're such a beautiful ambassador between science and spirituality.
And yes, I need to make this introduction because those who are new to you, I mean, you are a former theoretical physicist and you have advanced degrees in mathematics and physics from Oxford and Cambridge and you have a PhD in string theory. Yes, it's pretty an amazing background. And now you are working with a team of Inner Earth beings and Pleiadians and Arcturians. Maybe we're going to meet them today. So that's kind of rare, David. It's kind of rare.
DR. CLEMENTS: Yes, yes, I guess it is. Yes.
JAN: So today, David, I would love to dive into actually what we're seeing right now. I think that could be really helpful for people because you are obviously constantly connecting with these higher beings and your higher self. We'll speak about that too. And this new knowledge has come forward about an evolutionary wave, a light wave coming now, especially this summer. And I would love to learn more about it, how that can help us, what we can do in order to step into more of who we are through our true being. I know you speak a lot about coming back to our true being.
DR. CLEMENTS: Yes, definitely. I'd love to. And thanks for asking that question. And we spoke before we started recording that it's very important for people to hear this. And it's something quite

extraordinary is taking place at many different levels. But in this particular instance, what the team described to me was that there is this real ramp up ignition.
And they spoke just before, about at the end of last year, about the sequence of waves that we're going to be stepping up.
And these influxes of energies and not just influxes externally from the planet, but also internally, because the very core of the planet, having experiences by seeing these Inner Earth beings, the very deep civilization that I've had an encounter with, they showed me the very core of the Earth and this incredibly powerful, what I can only describe is what looks like a star or an ignition point.
It's the living intelligence of the core of the Earth. It's a little bit like a really open heart intelligence center that is just literally emanating from the core of the Earth. That's as close as I can be descriptive to describe what I was seeing. So there is this two-way emanation is coming from the core of the Earth as the Earth evolves and literally emanates these blasts of waves coming through.
And it's coming externally and it's coming from within the core of us as well. So externally, it's those two sides, but internally from us as well. So it's kind of like this beautiful three-way ignition, a mutual sort of symbiotic ignition that's taking place. And this keeps stepping up and up and up and up. Now, one of the things they described to me about what you asked about with this particular ignition that seems to be coming around and it actually has already started, but the build-up and the sort of crescendo is sort of towards the end of June and in July, or at least that's the information they have.
But that can change because as our decisions to either embrace or resist, because that's really one of the great things that I think humanity needs to know, that things come sooner or they get pushed away depending on our choices and our decisions to either embrace or resist.
And we can do that in a multitude of different ways. But essentially, as they see in the potentials right now, this is the crescendo that's happening when this particular segment of the jumping up that humanity is doing. And what they were saying is what's one of the

qualities that's coming forward with that is that humanity is going to start remembering themselves as a multi-dimensional existence. Because, they're saying, for a long, long time, humanity has relied on sort of what we think of as like brain memory or reference memory, sort of neurological memory, whatever you want to call it the physical remembering aspect that we have. But they were saying fields have started, living energetic field systems are coming back, so which contain a plethora of experiential imprints, memory, knowledge, wisdom, all that starting to come back on.
And they describe that the sensation, it's like you might be walking around one day and suddenly you'll just be, oh, a knowing will come forward as one of these layers just suddenly becomes active in you. And another one will become active and another one, it's a little bit like that. And I know it's a little difficult, I'm trying to do my best to try to describe in sort of English language terms, but you know, the experience of seeing it was quite profound.
And what they were saying is a lot of sort of dormant wisdom and understanding is going to start jumping forward for people quite significantly now. For some people it might be a little bit slower, some people it might be a little bit faster. And it really depends on where you are in your path, what kind of puzzle pieces you're going through right now, and those are the archetypal things we work on when we get the, oh, we suddenly feel really like something is a trained us just run over this kind of thing.
And those are the sort of puzzle pieces that come up for us to work on and release. So it depends, it all is very dynamic, and it's handled by the highest self of each of us, because the highest self of each of us knows the ins and outs exactly where we are, it knows. I know said this before, it knows every subatomic particle all the way through to the macroscopic organism of you. It knows exactly what you can handle, how it's best to handle it. It really is your greatest ally.
And, it's a multi-dimensional field existence of you going back to Source Intelligence. So it's, it's your Source Intelligence sort of stepping through dimensional realms, and then eventually coming into your body. That's one way of seeing it. And so essentially, a lot of those qualities and layers of that multi-dimensional connectivity or

that essence of who you are, is now starting to come forward quite significantly.
And they were saying, and my teams are here now, so they communicate with me usually through my higher self. And, they're saying, that what's happening is a lot of people are experiencing a lot of what they call ascension issues right now, like a lot of periods of, perhaps it could be anything from just grief, sadness to weird things going on with their bodies I've just been through something myself like we were talking about, and I'm happy to mention that for about two weeks. And it felt like I was, well, everything was just coming to a complete standstill. And it was part of this transformation that was taking place.
And, they're saying, that one way to understand this is that we are going from a very dense place where it was almost very physical very matter-based, very little, if anything like a trickle of multi-dimensional, more fluid energetics could get through. It was more or less the realm of people who had been on their path for a while, or people who were sort of channelers for a while that could get a glimpse of these kinds of things. But, they're saying, that, that actual existence of multi-dimensional beingness is coming really to the forefront now.
And lots of things have to gently move out of the way, or it's like taking the layers off of the onion that are holding, that's sort of closing the core in, having to peel off so that the core can emanate properly.
And what I mean by the core is that, for me, in the way that teams have described it to me, is it's the core of the heart intelligence within you that is just growing and expanding and emanating.
And I know we spoke about this on the last show that we did together, and the teams are reminding me to say to everybody that for a long period of time, humanity has not only been matter-based, but it's been very mind-based. And so the apparency or the sensation of being a multi-dimensional being really wasn't there.
So everyone has been lifetime after lifetime, having this experience of being sort of just, oh, we're just material beings, we come, we go I'll just make the best of what I can. Well, I'm here. It wasn't it wasn't a very good existence at all if you ask me. But what's happening now is the understanding and the memory of previous lifetimes, the wisdom

that has layered within you, the multi-dimensional energetics and makeup you is really starting to make its way to the forefront now. And they were saying that one of the things that people might start noticing is the phenomenology that that accompanies that, like seeing certain things, having certain experiences, and it's very different for different people. We'll start to occur more and more. And they're sort of encouraging people to enjoy the delight, even though the transformation from an old dense sort of material and mind-based system into a very fluid, love intelligence, heart-centered based existence.

We're going through that transformation can be a bit of a bumpy ride because when things come up, it can really feel like you've just been dropped down to the bottom of the trench. When in truth, and I think I should just put this in here, they were saying to me that the way to understand that is that in order to bring up the layers that need to be healed, to clear, to make space for this multi-dimensional new aspect to come through, very deeply held things need to come up and release.

And that process itself is what mostly is attributed to this, oh, oh my goodness, I'm going through something terrible right now. It's because something very deep within the trenches within you is now sort of pinged and it's floating to the top.

And as it makes its way through the top, all the emotional charge that's associated with that will come up and you'll feel it. So you might feel the immense sadness or immense grief or just, oh my God, I don't know why nothing's happened. I feel like I'm having a terrible day today or something like that. And it's all part of the whole energetic release or peeling off of the old that has been stagnated. It's been held down there. It's crustated and it's just it's literally acting like layers of an onion which is keeping the core from truly emanating. And so they're saying, try to, those are my words, but the impression they're giving to me is be of good cheer because this really is an important expunging is the word they're using of the old that was only just anchoring and keeping you down in an old looping existence of the same old, same old. It might be different faces, it might be different places, but essentially you're just going around in the same

old, same old. But, they're saying, as this multidimensional energy starts to emanate more, now the loops dissolve, they start breaking away and now you can springboard into brand new trajectories.
And, they're saying, this is part of the fantastic human experience that is going to be coming more and more like that as we get rid of those layers that are purging and coming up. So sorry, that's a whole big stream of information there. So I don't know if you have any questions on any of that.
JAN: I always have questions. I love that. Thank you for going thoroughly through that. So what I get curious about, is this sort of a special wave or another wave or like a wave that we've never seen before?
DR. CLEMENTS: Yes, they're saying, this one is new. This is very new. And it's being very modulated. And what they mean by that is it, it's being handled very intelligently by very high level beings, by a higher self. There's an entire collective of, I'll just call it Love Light Intelligence in one form or another is the Arcturians, the Pleiadians, intergalactics, Source Intelligence as this whole focus on Earth during this particular phase of these projects because this is massive. This has never happened here before.
And, they're saying, to accelerate so fast as we have done is unprecedented. They're saying, it doesn't normally happen this way. But because of the conditions and what's taken place here and where humanity is going, they're saying, this is a grand, grand experiment. They're saying, that it's not possible for humanity at the moment to fully appreciate the nature of what we are experiencing right now. It's that grand.
And, they're saying, you will, but it will be an appreciation by experience in going through and realizing, because, they're saying, there really aren't any words that they can offer to really, truly describe what we're going through and where we're going with this. They're saying, it's part of the delight and the wonder to experience this, but, they're saying, they offer these words to help people seat themselves in the delight of it because they know very much and, they're saying, they observe humanity all the time.

And they know not right now because of these massive accelerated waves that are coming through in this particular segment, it is bringing up a lot of stuff for people. And a lot of it is stuff from ancient times because the Arcturians are there now and they're saying, we would like you to be at peace with the idea that you are clearing and cleansing, not just lifetimes on this planet, but other planets as well. They're saying, yes, you have a lot of other experiences where things didn't quite go as expected.

And you know, events took place and you know, those are being cleared as well. They're saying, this is a tremendous multi lifetime and multi-dimensional metamorphosis that's taking place.

JAN: It seems like we're taking on a lot in just one lifetime.

DR. CLEMENTS: Yes, definitely. So, have you finished then?

JAN: Well, no, it's just interesting. I'm just feeling so fortunate to be alive right now.

DR. CLEMENTS: Yes it's when you said that there was this rush of energy from my teams of excitement and they were saying, yes, that's exactly how they would love people to consider being. Because, they're saying, we do understand that from a human perspective, they're saying, well, the energy comes up, it clouds your focus and gets you to focus just on the issue.

And, they're saying, that's just part of the human nature of what has been the way human beings have existed in that way. It's like, for example in the old energy, there was a lot of battles, all sorts of weird things. So the prevalence of fear and fear-based reactionary systems to focus on survival was intense. So, they're saying, that has been a big part of the human condition for a very long time.

And, they're saying, that is that is also changing. They're saying, you're shedding the shackles of those old paradigms, those old sort of they're saying, if you like, programmed energetic conditions to one of thriving and emanation and a delightful adventurous life that is expanding with all sorts of possibilities. And they're saying, consider this, they're showing me this image. If you imagine a circle, I guess and we just go round and round and round and round, we might move this way or this way.

And it seems like we're getting you directions in life, but we're really just looping around and just experiencing different angles of looping as we do the same loops. And, they're saying, that gives the apparently that you are experiencing new things. But, they're saying, ultimately you're really not. And, they're saying, that is why in a human condition way, things appear to loop a lot.
We seem to go through similar configurations of lifestyle or events or people. Why do I keep getting this person coming to me? Why does that event keep happening? You know, why does my life keep feeling like, okay, maybe the place has changed or the names change, but it still feels like it's the same kind of thing.
And they're saying, that is the configuration that is breaking and dissolving away in the human condition. And instead of moving around, this eggshell is going to open up. And now we're going to shoot off in brand new directions in a thriving heart-centered or love intelligence direction, because from there, all possibilities exist. There's no more looping. It's brand new, brand new, brand new all the time.
And, they're saying, that is one of the things that is going to delight humanity so much. You know, the looping is coming to an end. And it's all part of this whole transformation we're going through. And, they're saying, this ignition point that's coming back to your question, is, they're saying, this is a real launch forward in that.
And so it really is tossing off all of the energetics which form the foundation of the looping. So and so, they're saying, in order for the loops to dissolve and break that the very charge or the nature of the energies involved, they're calling in a configuration, have to dissolve, they have to come off, you have to come out, you'll feel them as they come off, you'll shed them. Suddenly that loop will just dissolve. And now the egg has opened up a little bit more. Now you're heading more for massive expansion and no more looping and unlimited creativity. I think that's what's happening.
JAN: It seems like to me in my head that you're speaking about how I translated it, karma and law of attraction the loop, it's coming back to you. And it seems like perhaps okay, so maybe something is changing that, I don't know if some spiritual laws are changing or

maybe we are changing. So we're not attracting the same perhaps because we're raising our vibration. I'm just trying to understand that in my language.
And I also wanted to just mention that I don't want to seem insensitive. I know a lot of people are struggling out there and I can definitely feel the ups and downs. It's just when I am here with you and other teachers, I just feel that, oh my gosh, this is an opportunity. I'm like reminded of that again and again to see it like that.
And then I just talked to I'm all over the place now, but I just talked to Darryl Anka about the files coming out, the disclosure files coming out from the government, like this is something we've been waiting for ever since I started this channel. So clearly something is happening. I mean, not to the degree that I really wanted to, of course, I long to have a full disclosure, but still something is going on, something is happening. So I just, I mean, I feel like it's good to acknowledge that these are interesting times. And perhaps all of us chose to be here and that unfortunate to actually be here.
DR. CLEMENTS: Well actually, just quickly, if you don't mind, I think it's because I think the team's really wanted to say something on the disclosure aspect that you were talking about, because, they're saying, what we would like to ask humanity to do in place of focusing on the, they're saying, the very controlled release of certain information.
They're saying, what we would like you to consider that disclosure and the meeting of your galactic brothers and sisters has nothing to do with those events unfolding. They're saying, you have to be aware that even within what's going on, there are certain narratives, there are certain directives of what to do, what not to do.
And, they're saying, what we would like you to encourage you. And, they're saying, this is all part of the unfolding and moving into a sovereign, multidimensional existence where you are sculpting and creating your entire life as you would love it to be, not as outside forces, whoever they are, whatever their intent, whether it's good or not, doesn't matter. They're saying, the movement of the human condition is towards this many words to describe it, self empowered

sovereignty, where you literally decide in your own way how your life is unfolding, what you have access to or not.
And, they're saying, the disclosure movement is actually from it's a humanity based unfolding. So, they're saying, we would like you to consider to not invest yourselves in this idea that this sort of control disclosure or narrative based disclosure is what you have to follow. They're saying, you do not. And they say we would encourage people to really feel the connect with their higher self and even have these connections start to develop these relationships with your galactic family.
And they're encouraging through your higher self. So your high self can connect you with the right beings at the right time, because sometimes the energy could might with one group of beings might ping up something ancient, which might kind of be a little bit difficult for you for a moment, because it's something that hasn't quite fully come to the surface yet. But you know, what I mean by that is because we've had a lot of lifetimes as Pleiadians, as Arcturians and other things, because this is certainly not our first rodeo.
And by doing that, lots of ancient memories can come forward when you connect with those beings. And so your high self are not only facilitate the right connection and the right amount of energy to come forward, it will facilitate the most appropriate connection with the most appropriate group for you right now, to help you have the best experience moving and evolving forward. And, they're saying, that's available to you now, they're saying, dear humanity, you need you don't need to wait for that.
And, they're saying, that's what we're encouraging you to. It's like this, they're saying, using this analogy that you imagine you're in a school play ground and as a curious child, you want to know what's on the other side of the fence. Oh, hey, that looks pretty cool over there. Hey, I wonder what's over there sounds like some a lot of kids are having a lot of fun over there. What's over there?
And the teacher comes in and says, well, I can tell you what's over there. You are not to go over there because I don't allow it right now. But I'm just going to give you a description of what my interpretation

of what I think you're okay with handling. And I'm going to give you that.
And you're just going to be on your way and be content with that and carry on playing in your in your playground. But the curious child might say, well, actually, no, I'm not happy with that. I'm actually going to climb over the fence and look for myself. And so in that way, that's the analogy they're giving in their laughing.
They're saying, this is kind of what they would like humanity to consider that the disclosure process itself is not run by any groups or anybody, even though they might like to see that it is and it's not meaning any disrespect to the good guys who are working in different ways. But what it really means is it's humanity stepping back into its power and deciding what, I would like disclosure to come forward and I would like it to be fully open. I would like it to be transparent.
I would like to meet in the way my high self or however you wish to do it would like this to unfold and really sculpt your life. It's almost like this saying just be very cautious about running along with somebody else's narrative, whoever they are. It could even be a friend of yours who has the best intentions for you. But because they don't understand they're not living your life you're sculpting, the molding of your life. They don't fully understand what actually would be best for you right now.
So they might have the best intentions for you, but only you know truly what your life should be and how it should unfold, the information that should come to you, all those aspects. So, they're saying, we're really delighting and watching people take those steps from being followers in one form or another, even subtle or very overtly to becoming very self-empowered, being able to self-decide exactly what you would love to do, exactly what you would love to be, the direction you wish to head.
And it's like, they're saying, you're becoming sovereign, multi-dimensional creators of your entire life. That is where you're moving. So, they're saying, just playfully consider that if you wish. They're saying, that is how they see it.
JAN: I really appreciate that. I also feel like I'm not sort of buying the narrative to say it lightly. However, I do appreciate that now I can

bring it up at a dinner party and I'm not being ridiculed anymore. I'm trusting you. There is a shift because things are coming out and I do appreciate that. So I feel it's some sort of start. It's a beginning of something.
And what I also loved and that was like a highlight for me from our last episode was going within. Like we've heard it before, but you said it in such a way that you really landed with me. Like my unique experience, it is all about my unique experience, your unique experience. Do not compare yourself because we all need it in different ways.
And that's not what we're taught to do. And school we're comparing ourselves constantly. And I'm also actually writing about in my book and I realized, oh my gosh, I thought it was going to be one chapter, but it's such a big topic because it seems like our brains are wired to compare ourselves with each other all the time.
Either I'm looking up to someone or I'm like, in being someone or I'm looking down at someone. But you're really like underline that it's so important to realize how unique your journey is, how your higher self or the universe have tailored this experience just to you. Could you just talk more about that?
DR. CLEMENTS: I'd love to. And I feel it's a very important topic for discussion. And one of the things that my team's made very clear to me over time is that this will come into your question. One of the most fundamental things that humanity is facing because of the experience of the lack of or the appearance of lack of connection to Source Intelligence, your multidimensional higher self or Source expressions through your multidimensional self. There has been this overlay or cloud of lack of self-worth and lack of self acceptance that has taken place.
And so people have pinged things over that to make themselves feel better like, Oh, I'm this and I'm that or oh, yes, no, no, you're not as good as me. Or just to give just add little things or patchwork to make themselves or give themselves a sense of value. It's artificial and it's superficial, but it's and it's not genuine.
And that all involves all these myriad things that people tend to do throughout their lives. You know, and in my younger years I've had

experience of this as well and what became apparent to me is it all started to shed off and going through some very interesting experiences was that what replaces it is this genuine sense of innate self value and self-observation and being able to observe as a neutral, peaceful observer.
When you do that, all of the need to compare, to compare up, to compare down or to all that that just starts to fall away, because these are all artificial blobs of energy structures, if you like, which we've pulled to ourselves or created as a temporary patchwork to try and give ourselves a feeling of value or worth or whatever it is, because we didn't feel it inside because the connection was so diminished. And so as that changes and as it all comes off, and this is part of what is actually shedding from people when people talk about going through their ascension processes and the ascension symptoms they're going through, all that falsity and artificiality is coming off, and it's being replaced by this emanation that's coming up behind it, where they start to feel, oh, actually I have this innate self value. I'm actually just delighted and excited today is not for anything. There's nothing that I need to justify. It's simply there, and it will get more there and more there as you progress on this.
And I think it relates to what you were saying about the question there, because I've noticed in my own life very much, the more I connect with my high self and just allow that energy to immerse and just shed off those veneers, those artificialities, that behind it, there's a very peaceful, very still, just very excited observation, like just it's the peaceful observer, I guess you could say, is one phrase of talking about it.
You begin to see things in a very different light. You're not looking through the filters of those old artificial layers of comparison. Oh, oh, he's got, she's got, I don't have, or I've gotten, and they don't have, all those things fall away, and it's now a delight. It's like this excited inner child energy comes to the forefront, and now you're just this beautiful, curious powerful being that's just excited and enthralled about every little thing.
It's such a transformation to go from where we have been in a very sort of superficial, sort of personality identity-based way of being, to

being in the core, very powerful, heart-centered intelligence, where you are the peaceful observer, you are literally living in the energy of enthralledment, excitement, delight, and wonder all the time, and you don't need to attain it. It's already, it's already part of the very nature of who you are, but it's just more coming to the forefront now. So yes, I hope that answers your question.

JAN: Yes, I just find it, well, I like that it is, it seemed to be that way, because I remember, I used to struggle with the idea that maybe I'm not special, like maybe the universe, or God, doesn't see me. I'm just part of like so many people, like I remember this was when I was very young before my spiritual journey, but I was in China, and I was just so overwhelmed by all the people. We don't have that many people in Norway, and in China there were people everywhere, and I just was like, yes, and I'm like, I'm not anything special, I'm just another human being, and then many years later, and of course today, I look at everybody as special, but years later, I had an out of body experience where I got, it's a long story, but I got an answer to something I've been wondering about like years before. It was a message to me, a unique message to me, and I realized that.

Oh my gosh, the universe knew that I was asking that question years ago, and now it's answering, and it was an answer about that question. It's a long story, but to make it very short, I received a message that every prayer is heard, because I was thinking that, since there are so many people here on the planet, when these when disasters happen and stuff like that, my prayers are not significant. Like God won't hear my prayer because I'm not significant, I'm just another human being, but then I got that answer many years ago in an out of body experience that no.

The universe listens to every single prayer, and in near-death experiences that I hear on this show, it seems like every near-death experience also is tailored to that person, everyone is experiencing so unique things, and I also believe that signs in nature are really, like symbolic signs are really tailored to us, and I think that is really beautiful.

DR. CLEMENTS: Yes, I believe so, and to just add to the quality of what you're saying is that from my experience of what the teams have

told me, is that these artificial veneers that we've been so used to living in and seeing through these filters, if you like one way of saying it, is that we've been conditioned to live our entire lives through them and interact through them.
And almost every social interaction is this sort of weird interplay of these belief systems of lack, or am I important, or I need to elevate myself to feel important because being next to this person, I suddenly feel like I'm less than, there's a whole slew of different conditions that are there, and when you begin to soften to the core of you.
And you relax, and those veneers start to fall away, there's a, the only way I can describe it is there is a knowingness that comes forward, a peacefulness, that you are absolutely, that there is actually the thought of am I special or am I anything, simply drops away in itself, because the very nature of our existence, the very nature of our being is this infinite delight, infinite wonder, infinite excitement, and it's almost strange because the veneer of those falsities of lack and self-worth and everything.
They create this condition, oh, I must attain worth, I must attain this, and I must garner it, or do this in order to be special, or do that in order to be thought of, is all that falls away as well, it gives way to the true and innateness of your natural being, which has no justification, all the delight, all the wonder, all the beauty that's in just comes forward, and it just suddenly appears.
And they're reminding me, they're saying, this is part of the transformation and what's happening in this next two months coming forward, is that more of that is going to come forward and replace and push away the false veneers that we've been used to, and, they're saying, one of the key conditions that tends to happen with humanity is we tend to hold onto those things because they are familiarities. Even if they're not working for us and they're uncomfortable, sometimes what's that phrase "better the familiar that you know, rather than there's something new that you don't".
They're saying, that's one of the things that causes people to have these sort of sensations of struggle or ascension symptoms. Because when something is being removed out from you, people go, oh no, I

need that, that's part of my part of my thing, that's what I am, it's what I do.
They're saying, the more you can be fluid and allowing and just enjoy the delightful, moving down the river, yes, logs are going to break away, rocks are going to be moved out of your way, things have to be moved for the river to flow more, and this is all part of it.
JAN: Yes, I think this is a question I've heard before from my audience, I've not had it myself, and I think it is a fear, will I lose myself? I think that's what you're speaking about, letting go of a lot, so am I letting go of my personality, and I don't want to disappear, I still want to be Jannecke. That's that ego on an intellectual level, I know we're all one, but still I'm a bit resistant to moving into that, because I still would like to just feel my own personality or whatever, yes, so could you speak to that, that part of the ego, that still wants to be separate?
DR. CLEMENTS: Yes, I would love to, and they were, my teams are like rushing in there, they would say they'd love to talk about this, and my high self is coming more to the forefront now as well. So, so what, they're saying, is that part of what you have known yourself to be is a multi-layered veneer or a layering of different experiences or identities we have brought together as a collection.
So for a long time, they're saying, we have had reincarnations, we have gotten used to this idea that this framework or collection of nested identities and the energies that go with it are who we are, but here's the beautiful thing. What's taking place is that which is not you is leaving, and the real you, which is the real presence, that now, they're saying, here's something you want to mention, they're saying, what humanity has learned to think is they are what they hold to themselves to be.
They're saying, that is false, what you hold yourself to be in one form or another, whether it's identities, the identity of the job you have, the thing you do right now, whatever it is, it doesn't matter, they're saying, all of that is leaving you, it's moving away, because the real you that sits in a human suit is now coming forward to present itself.
They're saying, that requires no holding on, and they've said this before, and, they're saying, it again, they're saying, that which you

can hold on to no matter what it is, whether it's an identity, an external circumstance, a social network or whatever it is, they're saying, anything you can hold on to is not the real you, you cannot let go of the real you.
They're saying, they've used this analogy before, and they said it to me, I was sitting down one time, and they came forward, and so we would like to show you something, so go into meditation, and they said imagine yourself on an island, so I'm sitting there, and there's an ocean all around you, you're sitting on this sand island, it feels solid, it feels familiar, this is comfortable, you like being here right.
They said now we're going to ask you to get into the water and go right out to the horizon where you can no longer see that the island anymore, and so I get so in meditation I'm moving out to the water, I'm going out, and they said right now look back, can you see the island, no, oh my god, and then suddenly they would say now how do you feel, do you feel the sensation of oh my god, it feels like the foundation of where I was, where I was happy, comfortable, familiar with has just been flopped out from underneath my feet.
Oh my god there's just unending ocean beneath me, there's unending ocean around me, what am I doing, they said just calm just settle yourself down, now feel yourself for a moment, now submerging into the ocean, and it really felt okay I can feel the peace coming in, and now I'm underneath the ocean they said now you realize you were always the ocean, you were never the island.
It was a comfort zone, you were holding yourself to be, and preventing yourself from moving into the truth of who you really were, and, they're saying, that the ocean of you is so unimaginably vast, there are no words to describe it, even though we can try to more or less point in that direction, they're saying, that is where humanity is returning to, you're coming off of the comfort zone island, and you're merging back into the real you.
They're saying, that is going to be such a delight, and, they're saying, you'll get to a point, there'll be a threshold where that melting into the real you, that coming forward the real you, will be so prevalent, so there you'll look back and realize oh my goodness what on Earth was

I doing, sitting on the island for so long, trying to keep it right where it was and keep it going.
They'll say you will literally laugh in delight and fun at the whole situation you have come from, and where you were going to as well, they're saying, do not do not be in fear because that which is false, that which is not really of you, even though, they're saying, to many humans that you really hold on to it thinking no this is my life jacket, this is me, I cannot be free of this, I cannot let go.
They're saying, eventually it will fall away despite the grip, but what's going to take its place is something that's so profound and so indescribable that when you get there you will understand exactly what we're saying they're saying, so I hope that answers your question.
JAN: Yes in a way and in another way I can't imagine how it's going to be because I haven't experienced that as Jannecke, but perhaps as a soul and my higher self knows it, but to me here and now my mind obviously cannot understand it, but perhaps my heart, but is it about surrendering, is that the part that we need sort of to do and that is an interesting question also because how do you surrender, so is there any doing in us from our part in this process, should we do anything?
DR. CLEMENTS: Okay so my team's and my high self, would you like to offer any understanding on that question? So, they're saying, imagine again the analogy they just used with the ocean, surrendering itself, they're saying, there's someone misunderstanding in human conception about what surrendering is, it's more you are relaxing back into, that's a better way of saying it.
So, they're saying, that the human condition so far is when you go to sleep you relax, there's a significant degree of letting go there a release of the grip, and, they're saying, just it's what you will learn is the nature of how every day when you wake up you regrip on, you re-get the collection of identities and everything back, you get dressed and you go about your day in this highly contracted sort of gripped state where you think yes this is who I am, I've got my collection.
I'm happy, got my identities, I'm just going to go through the day like this again, I'm going to go to sleep, I'm going to relax, oh that's just

going to let go, and I'm going to return closer to who I truly am during the sleep state, and so we do this cycling area every time so most of the work that gets done on you when you're most receptive is during the nighttime when you let go of this grip, and most of the time people are walking through the lies they don't realize that the amount of energy they are devoting to grip and holding on, it's immense.
My team said that to me one time they said you if you could only realize how much energy that you were expending on gripping onto the things that are not real and are not you, you know everything is going to be seeming to be so different than what it has been.
And so, they're saying, this is the delightful transformation that people are going through and it's going to be a unique passage for each individual, depending on what they're holding onto, the level they're holding onto it, and so on and so forth, and, they're saying, coming back to your question about the nature of surrender, they're saying, it's that in of itself is going to become a new paradigm or perspective as we move forward as humanity.
They're saying, a lot of connotations about surrender is giving up or giving over to and, they're saying, what you're actually doing is you know you are returning to your true self, you're not just letting go, just drifting like a feather just being buffeted this way, and that way, they're saying, that's not how it works.
They said recently when I when I was speaking to Pam the other day they were saying that this what will happen when you learn to really surrender or let go to yourself your true self merge back into your true self, is that like you know that analogy they use with the ego, you're going to break out of the looping because that whole grip is what actually keeps the loop stuck and the egg closed, it's a self grip.
We actually force ourselves to keep living through these loops by the grip control, you know that holding onto identity all the other things we are actually making ourselves loop, and, they're saying, that is a big key for all of humanity.
They're saying, you know there's a lot of things saying about this grip doing things to you that grip thing, no one can actually do anything to you, all they can do is convince you to maintain the grip and stay in

the looping system, okay, and so when you realize that and you realize oh if I let go, ah, it's opening up now, the looping's stopping. Now you're free flying, you're on this powerful expansive trajectory of possibilities that never existed before because the door is now open, you're not looping anymore, you're shooting in pure creativity now, it's very different, and so, they're saying, that this is part of the what's going on for people, layer by layer, things we hold onto from identities to all sorts of things are being just pulled away, it's like they're asking that your teams are coming in, your high self's coming.

I'm just going to take that box of identities off your hands right now, you don't need that, and then the human goes no, no, I need that, don't take that away it's like when you get up in the morning you feel like oh the collection has to come back, I need the collection and they say well if you just let us take that off you, no, and just see what comes out in its place, you'll be very delighted, and so there can be this push pull that goes on for many days until you finally say, "Yes okay, just take the box."

You just let it go, and the utterance talked about this before and many times, they said that sometimes when you find yourself absolutely at your wit's end and you throw your arms up and you think oh really that's it, I've had enough, they're saying, that at that point you have sufficiently let go of your grip on what you think you need and what you think is you, finally it can come away from you.

Then you get back, oh wow, oh my god, I'm actually the next day you feel much better, now you have let the box go, the tug of war that you're pulling back and the energy is trying to release it has now stopped, and now something has taken its place which brings you that much higher and that much closer to immersing in your true self. So that is like the paradigm that gets played out almost every day in especially people who are on the ascension path of what's happening to them, so I do hope that helps make a little bit more clearer lots of little things that the lumps, the walls, the big things that people fly into and oh my god everything feels like it's fallen into pieces, the teams are describing it really is just this process of all these boxes being taken off your hands that you don't need, it's the clutter that isn't you that you think is you and identifies you, but it isn't.

It's learning to be at peace with the return to your true self, you don't hold yourself and they've said before that whatever it is that you can hold on to is not you, whatever, once you have fully let go you have now returned to the real you, the peaceful observer, the infinite creator.

JAN: Wow, and then I get curious David, do you feel that you're coming closer to the real you? Do you feel that this has happened to you?

DR. CLEMENTS: Yes, very much so and I say to people if you want to see what I was like before I really started this journey, I have a video of myself and the documentary I took part of when I was really head centric, I did it really wired mentally my sort of physics and mathematics mode and if you see me then I put it up on the Patreon site under interviews and talks.

You'll laugh, you'll have such a good laugh because I really do understand and feel what they have been telling me for a long time. I didn't get it in the beginning, it felt like, okay, I'm not I'm not feeling what you're saying right now, it doesn't feel that it's there, I hear you saying it and I'm sure it will happen.

But after going through these big sort of metamorphosis states that I've gone through that of them hauling the boxes off releasing the collection of things that are not me, there is a delightful peace that has really come up beneath that and I really understand what, they're saying, and there's so much more to come and that's the beauty of it, that's the delight.

Because I really feel and understand what they mean by the innate wisdom inside you, the innate value, it's not something you attain, you just feel delightful, you feel as if you are this infinite spark of the creator having this unending, fantastic life, yes, things come up and go, but when you feel that and they said there is a threshold that humanity will reach where that emanation is so strong that even when the deepest stuff comes up, you'll laugh.

You'll just, oh, cool, another thing's coming off, that's great, it's not going to bowl you over and you go spiraling down into this trench and feel awful for like days or weeks or months, it won't happen anymore, that emanation will be so strong and the sensation and feeling of

being an unending, infinite creator in pure delight will be too strong for that to do that anymore and that's when the avalanche really starts to happen for you.
So that's what, they're saying, is happening and, they're saying, this event that's coming in the next two months, for many people is going to be a big shift forward in that for sure.
JAN: Wow, I love the word delight, yes, I know, I get so delighted, hearing that, yes, I want to feel delight, I love that, yes, gosh! Do you have some tip for everyone who's like, okay, I really want to connect to my higher self, you've been speaking about the higher self and often we can tend to have our religious belief way back there in our subconsciousness perhaps that I need to pray to receive this or that and something external, but you were speaking about this internal higher self, that's there and knows everything about you. How can we have this really intimate relationship with our higher self, if you can guide us?
DR. CLEMENTS: Yes, well, the teams on my higher self are saying that they're very, they always delightfully smile that they're so cool. They're saying, you already have it there, but what gets in the way is the holding on to everything that is not you and so that is part of the knowledge, they're saying, that's just part of the understanding to remind yourself if you feel like it's a struggle or if you feel like it's on, I'm trying to, trying to get there, I made the connection, but it's just not happening so much.
They're saying, just remind yourself that that just is a signature of the boxes that haven't come off you that are actually getting in the way, it's like it being if you're sitting, the sun's coming through, it's radiant, it's so beautiful and then somebody puts a tent up around you, oh god it's all gone really dark, what's happening, oh there's a pinprick of a hole here.
Yes, I can just about get a little bit of light through there, it's like, and, they're saying, imagine the tent is the covering of all the drops of the boxes, the identities, everything you hold of yourself that is not the real you, that basically forms a sort of veil and, they're saying, that's the veil that many people have spoken about, it's, you're actually holding it or we're holding it in place ourselves, key piece of

information to understand because then you understand you can let it go.
They’re saying, part of the issue is it's people's fear to let go of that which they're familiar with which scares them so much that keeps them holding on to it, so that's one piece of information to remind yourself they're saying, what the next step is.
They’re saying, like the analogy of the ocean, if you want to sit in meditation, go out into the ocean and feel yourself literally melting into the infinite ocean that you are, feel what comes up, what fears come up, what reactions come up, what resistance comes up, they’re saying, that's part of what will help show you the energies that you can let go of and release and you can offer to your higher self and there's another thing.
They’re saying, always remember lots of people think they've got to go through an assault course by themselves and they've got to attain this connection and they've got to get it at the end, they’re saying, those are old human traits and old human perspectives which cause people to think like that, but, they’re saying, the truth is much simpler, you have so much help from your higher self ready to go whenever you ask for it.
So, they’re saying, be aware of asking your higher self to help you, it can't override your free will and it will hold back and it will really be kind of wanting to help you, but it won't until you request okay, so some things it can step in on which are things that you pre-agreed to before you came into this existence that it can help cause you've already agreed to that happening before you came into this existence.
They’re saying, it's all part of the learning to rebridge the relationship with your true self, your higher self, it's just the self that you are which operates in multi-dimensional levels going all the way back to Source Intelligence that is just your higher self or whatever you want to call it.
They’re saying, another technique which they do in the meditations that they bring through on the platform that I run is rhythmic breathing and rhythmic breathing is very simple. They say it's the pace of breathing that is as fast or as slow or as deep or shallow that brings you to the sweet spot of the most relaxation and the most joy the

most it's the highest receptivity point if you like that's when you really start to feel the higher self-examination.
They're saying, the in-breath is like a an infusion so on each in-breath you can ask your higher self to infuse you with the presence and essence of your higher self into every cell into your mind, your body, your emotions, all fields and layers of yourself and just practicing that for five minutes a day or before you go to bed or ramp up your connection with your higher self very fast.
I've had so many comments from people just on the side, just by doing that rhythmic breathing go at connecting with your fifth dimensional higher self your sixth your seventh your eighth at me and working your way up and you can go and you can ask your higher self to give you a sensation cut do I go higher do I stay where I am and you'll get the sensation of a "yes" or a "no" and by doing that. You are not only infusing yourself with your higher self, but all the layers that are preventing that from happening and start dissolving away and leaving you and your relationship will get stronger it will get clearer it will the peace will start coming forward and then it will become automatic so that eventually when you start breathing every in-breath is this synergize infusion of your higher self coming in and then infusing and you know being expression in in your human suit.
So, they're saying, that is a very, very powerful way, a very simple way that you can use anywhere you can be in a supermarket and want to do it you can be on a beach or in a forest and do it's all yours. It's internal and it's for you to use when you want to so, they're saying, that is one way that they offer to do this.
JAN: Well thank you so much that was really helpful and this conversation has been so intriguing so fascinating thank you so much we could go on and on however this the will wrap up for now and I have some personal questions for you or one personal question so David what is self-love to you?
DR. CLEMENTS: Yes I know you asked me this last time and I believe it's so I guess I could expand on my answer before as well because to me the more that I infuse into my higher self self-love in itself is innate because what has what has been told to be by my

teams on my high self many times and what I've experienced to myself is that we are literally the intelligence of love.
We have this thing we call love you know it's, but it's just a word, but what does the word point to what is it actually and to me the intelligence of the creator is love what we call love and so self-love really is the great simplicity of allowing the real you to come forward in one way of speaking it you know to add to what I previously said about this and it absolutely is innate you don't need to attain it.
You don't need to effort to keep it going like oh no I must practice this every day I must be self-loving I must do this all those to me now I very much see as veneers that are actually coming off and what replaces it is a natural innate state of being of being in Source Intelligence, your high self intelligence which is itself love intelligence and that is the state of self-love you have become you return to that you are in it you are it and all the veneers have come off now you are in a state of self in love intelligence so that I would say is one way of another way of seeing it for sure.
JAN: I just feel that speaking with you I lose part of my identity. I'm totally into this other dimension or realm or where just this moment exists is really fascinating and it feels really good I forget that I'm Jannecke. Does that make sense?
DR. CLEMENTS: Yes, that totally mimics that I had the same thing because what happened for me is for a long time I came kicking and screaming. I kind of had the whole resistance thing going on because of my days of being a physicist and a mathematician. Everything was mental and what I find is that you realize the more you dip into the ocean of you the more you realize my goodness I'm actually the most safest, the most active, the most adventurous, the most delightful when I'm in that surrendered state that I ever was when I was in the grip state. Suddenly you realize it's okay to let go of the identities. Now they were never really me to begin with. The real me is something quite extraordinary and it's coming forward so we're kind of in that strange paradigm of changeover right now and it feels like you. And a lot of people have spoken about this about feeling lost or they don't know who they are anymore where they're going because you're going from a state of feeling so sure, so gripped, so yes this is

who I am. I go out and this is me and I'm going to challenge anyone who challenges that, something to that effect. That's an extreme example, but now we're moving and the halfway point over to this full immersion into the real us and that aspect of you, what we thought we were holding on to is dissolving away and the parts of us that really were adamant about being comfortable and that's the real me having to just relax and trust and let go.

To me *trust* is another word for returning to you. It's not about just saying oh I hope yes I'm going to just listen to what they say. I'm trusting that's not I don't believe that for my perspective anyway I would say that trust is more about you're really just letting go to reach the real you, You're not giving up to anything. You're letting go and returning to who you are. That's the way I would describe trust.

JAN: Beautiful David what the biggest one of all what is the deepest meaning life from your perspective, the deepest meaning of life?

DR. CLEMENTS: It's interesting had you asked me that question many months ago the answer might be a little bit different, but because of these massive transformations I've been going through recently and just how much emanation has come from behind that purging and pushing off. To me it's hard to describe. I'll do my best to describe it, but it's the emanation that now comes through this delightful expansive infinite… I'm just trying to use words to give an impression. It's almost like the depth and quality of being has just shot up significantly.

And it's only going to get bigger and bigger and bigger until you realize there is no bottom to the depth anymore. It's very hard to describe, but it's as if the truth to this idea of the innateness of the delight, the adventure that the unending depth, the unending beauty of who you are. I mean these all sound like wonderful words, but when you actually feel that emanation come through, you feel that delight of it and you realize there is just no bottom to the depth of who you are.

There's no upper limit there's no side limits. Even the idea of a universe becomes somewhat restrictive because it feels like there's a boundary there. Again it's hard to describe, but there's a feeling of such innate unendingness and infiniteness. The words don't really do

it justice, but I the feeling has come forward on that so much, just by going through these metamorphosis. Yes I would say that's it and I hope I've done the best to try describe what it is.

JAN: Yes well I'm following you. I get a sense of it and I think it's just beautiful news and I just get so excited about it all and that's what keeps happening in these episodes that I'm like mind blown of our universe. It's just so magical and I'm so excited about that. I'm so happy about that, and yes back to that. It's an interesting time to be alive. I really feel that that gosh we are beautiful creative beings with so much power and potential inside of us. And yes, I was delighted to have this conversation with you today. And for everyone who is curious and wants to learn more David, where can they go. Can you guide them to where they can go?

DR. CLEMENTS: Yes we have three websites and one platform so Isee-infynergy.com is where we have devices that the teams have helped us create for introducing high energetics and harmonizing the environment that you can get and there's a massive waiting list on those at the moment because we can't build them fast enough for the people that want them, but you can put yourself in the waiting list there. The other site that we have is the Patreon platform where the meditations and live streams that the teams offer and these are a series of very powerful deep activations that are designed to shift people forward into the deeper aspect of themselves and to release the veneers of what's going on and there's a whole bunch of tools that they've offered to help accelerate the clearing and the moving out of the old which are there as well. So that's on a Patreon site. It's Infinite Source Creations we also have a main website which is infinitesourcecreations.com where you can see both the links to that site and other things that we do within that kind of realm of everything to do with the teams as well. So yes, those are our main places . So you can reach out to us there. We have so many emails coming through, so it may take a little bit time for us to get back to you, but you can reach out to us at those.

JAN: Yes thank you so much David for coming back on the show I always enjoy it. It's been really lovely. It's been fun, absolutely. I swear I should always be right in the same color as well.

DR. CLEMENTS: Yes I know. It's yes that's so cool, love to everybody and I hope you all got whatever you need from this conversation. Bye-bye.